

The

NORTHWEST AIRLIFTER

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Photo by Abner Guzman

MOBEX: Up next

Airman 1st Class Amanda Mead, 62nd Logistics Readiness Squadron, works in the LRS mobility warehouse Tuesday building personnel equipment bags in preparation for the upcoming mobility exercise in February. The MOBEX and two additional exercises in May and September are designed to prepare Airmen for the Operational Readiness Inspection in October.

NSI success!

By
Tech. Sgt. Oshawn Jefferson
62nd Airlift Wing
Public Affairs

Air Force officials gave the 62nd Airlift Wing the highest-possible grade Monday following a week-long inspection of the wing's role as the nation's Prime Nuclear Airlift Force.

"These results underscore our commitment to the American people in our ability to conduct our number one no-fail mission," said Col. Jeffrey Stephenson, 62nd AW commander. "No mission is more important than safeguarding our vital nuclear capabilities and maintaining nuclear deterrence. These scores represent our Airmen's hard work and pride in their mission, as well as Air Mobility Command's focus on enhancing its support to the nuclear enterprise."

Airmen evaluated in the final phase of a Defense Nuclear Surety Inspection here Jan. 7 through Monday received an overall grade of "Satisfactory" — the highest possible overall grade given — by AMC's Inspector General team. The AMC IG was accompanied by the Defense Threat Reduction Agency, the Air Force Inspection Agency, with observation by U.S.

Strategic Command.

"The 62nd Airlift Wing has a history of excellence with the security and readiness inherent in its nuclear surety program," said Col. Jerry Martinez, AMC Inspector General. "AMC continues to maintain the highest standards for nuclear safety. The command's unfaltering, all-encompassing commitment to the nuclear mission provides the foundation for success."

The nuclear surety program management and administration area examined leadership's involvement in the program and wing safety. The Personnel Reliability Program area focused on the 62nd Medical Squadron, the 4th Airlift Squadron and the 62nd Force Support Squadron. The 62nd Aerial Port Squadron's procedures and equipment, along with the 62nd Logistics Readiness Squadron movement area were also inspected. The areas are directly linked to the 4th AS's ability to conduct missions. The 62nd Maintenance Group's role in selecting and preparing C-17s and the 62nd AW command post's role in monitoring mission movements were also evaluated.

"As the Air Force's Prime Nuclear Airlift Force, McChord

See NSI, Page 12

Hundreds of Reserve Airmen deploy to war zone recently from McChord

By
446th Airlift Wing
Public Affairs

More than 100 Air Force Reserve Airmen deployed within the last 60 days in support of Operations Iraqi and Enduring Freedom, and the number will reach nearly 250 by the end of the month — the largest single deployment of reservists from McChord since Operation Desert Shield.

The bulk of the deploying Airmen come from the 446th Airlift Wing's two aerial port squadrons — the 36th and 86th Aerial Port Squadrons — which are responsible for loading and unloading cargo and passengers on military aircraft. This is the first time both squadrons will deploy together in a war zone.

"Over the past two months, both squadrons have been training together, said Chief Master Sgt. Christopher Dietz, senior Air Reserve Technician for the 86th APS. "Senior officer and enlisted leaders (from both squadrons) have been teaming together to make one cohesive group."

In addition to the aerial port squadrons, reservists from the aeromedical evacuation and aeromedical staging squadrons have and will continue to deploy in support of the OIF mission. Both squadrons have been heavily involved in contingency medical support since the War on Terror began.

Since Sept. 11, 2001, more than 1,900 Airmen from the 446th Airlift Wing have deployed in support of OIF/OEF missions. The average deployment lasts four months.



Photo by Abner Guzman

Staff Sgt. Brook Teafoe, right, and Airman 1st Class Latrice Blair, both from the 86th Aerial Port Squadron, practice moving cargo with a forklift during one of their unit training weekends. Sergeant Teafoe and Airman Blair are just two of the more than 2,400 reservists in the 446th Airlift Wing serving our nation.

Weekend Weather

FRIDAY	SATURDAY	SUNDAY
FOG	FOG	FOG
Hi: 49	Hi: 46	Hi: 47
Low: 33	Low: 34	Low: 36

Forecast generated at 7 a.m. Thursday
Courtesy of the 62nd Operations Support Squadron

Countdown to success

MOBEX	20	days
Rodeo	192	days
Operational Readiness Inspection	290	days

Don't miss it ...

Federal holiday

Dr. Martin Luther King, Jr. Day
is Monday

Take advantage of every opportunity

By
Chief Master Sgt. Darrell McKinney
62nd Mission Support Group

Regardless of whether you have decided to make the Air Force a career or separate after your first enlistment, you should take advantage of every opportunity the Air Force offers to grow and improve yourself.

The Air Force provides all sorts of training that will help you effectively accomplish your job and prepare you for greater responsibilities. Professional Military Education courses such as Airman Leadership School, NCO Academy and the Senior NCOA all give you tools that you can use while active duty or in the civilian sector. There are very few jobs in the civilian sector that help cultivate your leadership skills from

the first day you begin until you separate or retire.

The Air Force provides awesome benefits for Airmen seeking off-duty education. If you're not working toward your college degree, you're missing out. The Air Force currently pays 100 percent of your college tuition. The only cost to you is for books and gas to get there.

I recently read a report about college students and the huge debt they acquire while attending school. According to the report, the average debt for a student upon graduation is \$19,000. Many undergraduates though, have debt exceeding \$40,000.

It went on to say two-thirds of college graduates move back home with their parents after graduation. You have an opportunity to leave the Air Force with a college degree in your hand and a vast amount of practical

experience, all while staying debt free if you make the right decisions.

Lastly, I have one example of taking advantage of opportunities. During my first enlistment, I had to make a decision on whether to enroll into the Veterans Education Assistance Program or decline. My supervisor encouraged me to simply contribute the minimum amount, which was then \$25, and a few minutes of my time to complete the application.

"You never know what will happen in the future, you may need it later," he said. Although at the time I did not think the program would be beneficial to me, I followed his advice and enrolled.

Approximately 12 years later, the Air Force offered a new and improved education program called the Montgomery GI Bill, which provided thousands of dollars more than the

program that I had originally enrolled into. The Air Force allowed anyone enrolled in VEAP to transfer to the new Montgomery GI Bill. However, Airmen who had not originally signed up for VEAP were not allowed to enroll into the new program.

My decision to enroll into VEAP during my first enlistment gave me access to approximately \$10,000 more for education than what I would have received had I not chosen to pay \$25.

There are many other opportunities to enhance your professional growth. Volunteer to take those additional duties such safety manager, physical training leader or operational risk manager. They all provide opportunities to hone your leadership and managerial skills. Remember, you never know what will happen in the future — you may need it later.

The Sharp Airman ...

Presents a professional military image in accordance with Air Force Instruction 36-3902.

- Procures and maintain all mandatory clothing items.
- Review and follow local supplements and procedures.

- Uniforms will be neat, clean, pressed, buttoned, and properly maintained.
- Does not stand or walk with hands in pockets of any uniform combination, other than to insert or remove items.
- Does not walk in uniform while using cell phones, radios, hands-free headsets unless required in the performance of official duties using a government issued device.
- Does not smoke/use smokeless tobaccos, drink, or eat while walking in uniform.

Names to Note

Promotion selections
The following majors have been selected for promotion to lieutenant colonel:

- **Maj. Doug Edwards**, 8th Airlift Squadron
- **Maj. Jupe Etheridge**, 4th AS
- **Maj. Dwayne McCullion**, 62nd Civil Engineer Squadron
- **Maj. Peter Nigro**, 62nd Logistics Readiness Squadron

Awards
The 62nd Force Support Squadron is the

Air Mobility Command's Lemay large level squadron winner.

The 62nd Logistics Readiness Squadron is the "Best in Air Force" large level squadron winner.

The following individuals from the 62nd Maintenance Squadron are the AMC finalists for the 2008 Lt. Gen. Leo Marquez Maintenance Awards:

- Munitions maintenance civilian manager: **Herbert Wilkins**
- Munitions maintenance civilian technician: **James Fehr**

Tax Center
The McChord Tax Center opens for business Jan. 23. For more information, call 982-5512.

Professionals of the week

62nd Operations Group

Airman 1st Class Anthony Shaw

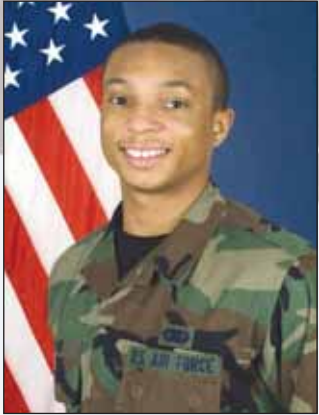
Duty title:
Information management apprentice

Duty section:
Information management shop

Hometown:
Louisville, Ky.

Why he's tops:

Airman Shaw expertly processes all correspondence for the 62nd Operations Group, maintaining the flow of all vital information for the 62nd OG commander and five squadrons with more than 750 personnel. In addition, he accomplishes several other duties commensurate with a junior NCO without missing a beat. He is the 62nd OG commander's go-to Airman when he needs something done quickly and correctly.



62nd Maintenance Group

Tech. Sgt. Johnathan Shew

Duty title:
NCOIC of lead technical order distribution office

Duty section:
62nd Maintenance Group quality assurance

Hometown:
North Wilkesboro, N.C.

Why he's super:

Sergeant Shew recently led an inspection of 187 technical orders throughout four 62nd Maintenance Squadron libraries, finishing in less than two days. He spearheaded the 62nd MXG's digital technical order change posting process, increasing accuracy by 20 percent while enabling updates to be completed in minutes rather than weeks. As flightline driving program manager, he oversees training and certification of unit personnel and contractors, managing qualifications and licensing of 97 vehicle operators. Sergeant Shew is also actively working toward his Community College of the Air Force degree.



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Phoenix Spouse takes care of Airmen, families

By
Tyler Hemstreet
Staff writer

It's not like Elaine McPherson doesn't have enough on her plate. A mother of five with a husband who is a member of the 62nd Security Forces Squadron, Mrs. McPherson has a lot going on between family commitments and keeping the household together when her husband is flying or deployed. But she makes time nevertheless to fulfill her duty as a Phoenix Spouse for the 62nd SFS. "If (Phoenix Spouses) didn't want to do it, we wouldn't do it," Mrs. McPherson said of the voluntary position. "We're there because we want to be." And she has jumped in with both feet in her effort to serve the 62nd SFS's spouses. Her efforts include producing a monthly unit newsletter with information about

activities on and off base, manning the spouses table at newcomer's briefings and developing a unique unit spouse support program. The "Heartbeats from Home" program provides a personalized deployment bag for spouses, given to them when their significant other deploys. The bag contains handmade cards, chocolates, a journal and other small gifts. "It shows them that someone else cares about their well-being because being left behind is a big deal," Mrs. McPherson said. The program is made possible through collaboration between the 62nd SFS Phoenix Spouses and Mrs. McPherson's hometown church in Richmond, Va. The church donates time and money to the program. "The (congregation) has been very generous," she said. The Phoenix Spouse program and the work that Mrs. McPherson has done to enhance

the role Phoenix Spouses play in the 62nd SFS has not gone unnoticed. "It's good for the spouses to know someone like her," said Master Sgt. Bill Baker, 62nd SFS first sergeant. "When they have a problem with anything, she's an option for spouses beyond calling the supervisor of the deployed Airman. Mrs. McPherson is someone who's connected and knows who to talk to." "That's a role that Mrs. McPherson embraces," Sergeant Baker said. "She's a first sergeant for spouses." Base wide, there are nearly 70 active Phoenix Spouses. The key to the program's success is opening lines of communication and getting the word out, Mrs. McPherson said. "The more the program is pushed out there, the more it will help," she said. "Communication is key. The whole point is to be involved."



Photo by Tyler Hemstreet

Elaine McPherson, 62nd Security Forces Squadron Phoenix Spouse, produces a monthly unit newsletter and developed a unique unit spouse support program.

For more information on the Phoenix Spouse program and how to get involved, call the Airman and Family Readiness Center at 982-2695.



Airmen begin Darfur airlift operations

By
Eric Elliot
U.S. Africa Command
Public Affairs

KIGALI, Rwanda (AFNS) — Airmen have begun airlifting Rwandan peacekeeping equipment and supplies Tuesday from Kigali to the Darfur Region of Sudan as part of the United Nations-Africa Union peacekeeping mission. The first mission was completed by a C-17 Globemaster III and aircrew deployed to Africa from Travis Air Force Base, Calif. A second mission was also flown Tuesday by another Travis AFB C-17 and crew. Each carried about 30 tons of materiel. In all, the Air Force will transport more than 150 tons of equipment and supplies including nine oversized vehicles, water purification systems, water trailers, tents and spare parts. “This equipment is essential to the successful completion of our mission in Darfur,” said Maj. Jill Rutaramara, a spokesman for the Rwandan defense forces. “It will assist us in whatever we do there and improve the quality of life for our soldiers deployed to Darfur.” Rwanda has four battalions of peacekeepers in Darfur, totaling 2,566 personnel, with a goal of increasing the peacekeeping force to 3,200, Major Rutaramara said.

The Rwandan peacekeepers are assigned to the hybrid United Nations-African Union Mission in Darfur, known as UNAMID. The decision to airlift the equipment was announced Jan. 5 by President George W. Bush as part of the U.S. government’s ongoing support international peacekeeping efforts in Darfur. Since 2003, conflict in the Darfur region of western Sudan has displaced an estimated 2.5 million people and led to an estimated 300,000 deaths, according to the United Nations. Since 2004, the United States has spent more than \$15 million to airlift 11,400 peacekeepers and their equipment to and from Darfur and has provided more than \$100 million to train and equip those forces, according to a White House fact sheet. Much of this support is coordinated through the U.S. Department of State. “I have provided a waiver to the State Department so they can begin to move 240 containers worth of heavy equipment into Darfur, and that the Defense Department will be flying Rwandan equipment into Darfur to help facilitate the peacekeeping missions there,” President Bush said. The 240 containers are being transported under a separate contract by the U.S. Department of State. The military portion of the airlift is the first major mission planned by Air Forces Africa (also known as

17th Air Force), the air component under U.S. Africa Command. Air Forces Africa is headquartered at Ramstein Air Base, Germany. “This was a complicated project that ultimately took several months of interagency and interdepartmental coordination and planning,” said Maj. Greg Lococo, the chief of operational planning for Air Forces Africa. The 722nd Expeditionary Air Base Squadron, under Air Forces Africa, was responsible for working with the Rwandan defense forces to prepare the vehicles and equipment for the deployment, conducting airfield operations focusing on cargo movement as well as ironing out the logistical details associated with the mission. The squadron includes specialists from the 615th Contingency Response Wing based at Travis AFB, and U.S. Africa Command in Stuttgart, Germany. “We’ve been impressed by the professionalism of the Rwandans,” said Maj. Sang Kim, the 722nd Expeditionary Air Base Squadron commander. “The work done here is essential to enable the Rwandan defense forces to execute their mission in Darfur.” The airlift was provided by aircraft and crews from the active-duty 60th Air Mobility Wing and the Air Force Reserve’s 349th Air Mobility Wing also from Travis AFB. “From planning through execu-

tion, this was a great experience for our unit,” said Col. Lida Dahnke, the 404th Air Expeditionary Group commander at Air Forces Africa and parent unit to the 722nd EABS. “Once our planners had assembled all of the pieces to the puzzle, we still had to work through the processes of putting them all in place to execute the mission.” More than three months of extensive planning and preparation made the mission “fairly seamless for us,” said Maj. Sean Pierce of the 301st Airlift Squadron, who was aircraft commander for one of the two C-17 missions. The mission also represents the first large-scale peacekeeper support mission for U.S. Africa Command since it was formally activated Oct. 1, 2008. Previous support missions in support of peacekeeping in Darfur were conducted under the direction of U.S. European Command, which had responsibility for Africa prior to the activation of U.S. Africa Command. “The U.S. military has been working with African nations for years,” said Vince Crawley, a spokesman for U.S. Africa Command. “The command wants to add value to what the U.S. military has been doing; that is helping African partners develop their security capabilities in order to promote security and stability throughout the continent.”



McChord Airmen

AROUND THE WORLD

Courtesy photo



ANTARCTICA — Tech. Sgt. Cliff Oberg, 62nd Operations Group, stands near the Pegasus Ice Runway during a recent Operation Deep Freeze mission.

Courtesy photo



AFGHANISTAN — Senior Airman Travis Morrill, left, 62nd Force Support Squadron, works with an Afghanistan Army Convoy escort during a recent deployment.



Air Force remains committed to unmanned aircraft systems

By
Megan Orton
Secretary of the Air Force
Public Affairs

WASHINGTON (AFNS) — Air Force officials are “all in” with regard to unmanned aircraft systems, and understand the Defense secretary’s direction to field the systems in the combat theater as fully and quickly as possible, a senior leader said Monday here.

Lt. Gen. Norman R. Seip, the commander of 12th Air Force and Air Forces Southern, also said the Air Force has 85 percent of its theater-level UAS capability deployed in support of operations in Southwest Asia.

The other 15 percent are state-side to train UAS pilots and for operational test and development. The Air Force is doing all it can to speed up the UAS pilot training process, he added.

“Next year, the Air Force will procure more unmanned aircraft than manned aircraft,” the general said. “So I think that makes a very pointed statement about our commitment to the future of UAS and what it brings to the fight in meeting the requirements of combatant commanders.”

Additionally, he said, teams at the Air Warfare Center at Nellis Air Force Base, Nev., are developing countermeasures for potential enemy use of unmanned aircraft systems.

“When, in the future, we encounter a near-peer or asymmetric threat, or a terrorist organization that has the UAS capability, we’re going to certainly need to be working toward active techniques so that we can counter those capabilities,” General Seip said.

These techniques will be essential for the Air Force to dominate airspace when needed and allow for freedom of maneuver for ground forces, the general explained.

General Seip also updated the group on maintenance issues surrounding A-10 Thunderbolt II close-air-support fighter jets following a technical order issued in October requiring immediate inspection and repair of wing cracks in a portion of

the A-10 fleet.

Though 40 percent of thin-skinned A-10s are grounded, he said, 12th Air Force officials still are able to provide warfighters with the close-air support they need in the combat theater. Repairs should be completed by June, he said.

General Seip noted 12th Air Force’s busy pace in supporting the war on terrorism and continuing its ongoing mission as the air component for U.S. Southern Command.

“It is an exciting time in both 12th Air Force and Air Forces Southern, as the Air Force continues to fight the long war on terrorism as well as support its ‘soft-power’ commitment in South (America), Central America and the Caribbean,” he said.



Kirkuk servicemembers host vice president-elect

KIRKUK AIR BASE, Iraq (AFNS) — Vice President-elect Joe Biden visited Airmen and Soldiers stationed here and met local Iraqi officials Tuesday.

Vice President-elect Biden of Delaware was accompanied by South Carolina Sen. Lindsey Graham, a member of the Senate Armed Services Committee.

The senators met and thanked Airmen and Soldiers from the air base for their service and sacrifice.

“He told me, ‘Good job. Keep doing what you do,’” said Tech. Sgt. Rashida Moore, the 506th Air Expeditionary Group commander’s support staff NCO in charge. The 506th AEG maintains base security, conducts safe flying operations, and actively supports base agencies.

“It was a wonderful experience to meet one of our soon-to-be senior leaders,” said Sergeant Moore, who is deployed here from Luke Air Force Base, Ariz. “I’m very excited

about the changes soon to come.” Senior Airmen Jonathan McAtee and Willie Goree also appreciated the experience.

“It was an honor to meet the (forthcoming) second-in-command,” said Airman McAtee of the 506th Expeditionary Medical Squadron deployed from Eglin AFB, Fla. Vice president-elect Biden took time “out of a very busy schedule. He thanked me for my service to the country.”

“Meeting Mr. Biden made me realize that we are really appreciated for being out here, not just by our family and friends back home, but by our nation’s leadership,” said Airman Goree, a 506th Expeditionary Civil Engineer Squadron deployed from Barksdale AFB, La. “I think as a leader, this was a great way for him to boost troops’ overall morale, and also raise the respect of the people under him.”



Courtesy photo

Team McChord Airmen of the 8th Airlift Squadron and 62nd Aircraft Maintenance Squadron deployed to the 817th Expeditionary Airlift Squadron flew Vice President-elect Joe Biden and South Carolina Sen. Lindsey Graham from Kirkuk Air Base, Iraq, to Turkey following their visit with servicemembers and Iraqi officials Tuesday.



A NIGHT IN THE LIFE OF AIRCRAFT MAINTAINERS

Airmen work around the clock to ensure mission success



By
Tyler Hemstreet
Staff writer

While hundreds of Airmen are sound asleep each night, a dedicated group of maintenance Airmen is hard at work keeping the combat airlift mission up and on schedule.

As the sun sets and flying missions return, Airmen on the swing (typically 3 p.m. to midnight) and graveyard shifts (11:30 p.m. to 8 a.m.) kick into high gear, working on aircraft that need to be repaired and others in need of preparation for the next flying day.

"Graveyard shift is where the meat and potatoes is ... it's when you're getting most of your airplanes fixed," said Master Sgt. Joe Gahan, 62nd Maintenance Squadron production supervisor.

The slowdown of the flying missions at night, minimal distractions and few meetings allow maintainers to really buckle down and get things accomplished.

"You can accomplish more work (on graveyard)," said Senior Airman Lucas O'Neill, 62nd Aircraft Maintenance Squadron. "Things are a bit slower and you can sit down and focus on one task as opposed to working on six."

Many maintainers prefer the graveyard shift, Sergeant Gahan said, but Airmen rotate on and off the graveyard shift every 90 days to ensure shift work is distributed evenly.

To make sure aircraft are mission-ready for the next day, there must be an open line of communication at all levels.

"When the schedule is made in the morning, things may change

by the time the swing and graveyard shifts come on, so we have to make sure updated information gets passed," he said. "We're always looking at least 12 hours ahead."

Looking ahead is necessary so the cycle of launching and recovering aircraft and ensuring each has the necessary maintenance stays a smooth process and work is not repeated, said Capt. Daniel Counts, 62nd AMXS acting commander.

"That communication is important because if there is an interruption you could be duplicating effort between shifts and wasting time doing work that has already been performed," Captain Counts said.

Supervisors work hard to ensure the maintenance cycle isn't interrupted between shifts and Airmen communicate all issues that arise with aircraft so everything can be relayed at morning briefings.

"Our Airmen working the night shift make the mission happen. They are the ones keeping the maintenance cycle flowing, because supporting combat airlift is a 24/7 mission," Captain Counts said. "It's absolutely critical to keep maintenance operations running smoothly during the night shift. With the slower ops tempo, it allows us to catch up on maintenance actions and sets the day shift up for success. It's a real team effort."

Although it takes about a week for Airmen to acclimate themselves to working while it's dark outside, there are still moments when some wouldn't mind being back in their warm bed, Airman O'Neill said.

"The worst time is when the sun is coming up and you're near the end of your shift," he said, "your body thinks it should be asleep."



Staff Sgt. Kenneth Wade, and Airman 1st Class Claude Curry, 62nd Aircraft Maintenance Squadron, service a C-17 with liquid oxygen.



Airman 1st Class Ryan Steamer-Christopher, 62nd AMXS, sits aboard a C-17 Globemaster III following a local mission and completes a debrief sheet used to document reported aircraft discrepancies.



Staff Sgt. Troy Bencke, right, illuminates the aircraft's engine drain mast while instructing Airman 1st Class Howard Drake on the proper method of identifying and handling potential leaks.



Tech. Sgt. Jesse Landry, 62nd AMXS, checks the nose landing gear section of the aircraft as part of a basic post flight inspection.



Master Sgt. Joe Gahan, left, and Master Sgt. Jose Aguirre, both 62nd AMXS C-17 production superintendents, evaluate the progress of assigned work and review paperwork in preparation for a morning workgroup meeting.



Staff Sgt. Troy Bencke, a hydraulic specialist assigned to the 62nd AMXS, inspects a pair of marshaling wands while checking out a launch and recovery kit from the consolidated tool kit section.

HAWC encourages small lifestyle changes in 2009

By
Tyler Hemstreet
Staff writer

While many people nationwide may commit to “gimmick” diet programs or “lose weight fast” schemes as part of their New Year’s resolutions, officials at the Health and Wellness Center here are asking Airmen at McChord to consider a more realistic plan.

“It’s much easier to maintain small diet and lifestyle changes as opposed to something drastic,” said base dietician Chloe Tay, 62nd Medical Squadron. “We want people to keep up their resolutions past January and February.”

Those small recommended changes include purchasing smaller packages of food and eating smaller portions in general, Ms. Tay said.

“By not buying the bigger packages, you don’t feel pressured to eat the entire thing,” she said.

Eating smaller portions and stopping once you are full are also keys to changing negative eating habits.

“Eating just 200 less calories per day for one year can lead to one being 20 pounds lighter at the end of the year,” said Ms. Tay.

Another simple key to good nutrition is avoiding sugary drinks, she said.

“They’re just an extra source of calories and sugar,” Ms. Tay said. “If you’re drinking your calories, it’s not going to help you be full. We want



Photo by Abner Guzman

Small changes to diets and regular exercise, such as walking daily, can have a large impact on long-term health.

you to eat your calories.”

Utilizing certain food psychology such as storing pre-cut vegetables in a container on a shelf in the refrigerator as opposed to in the crisper box also helps develop healthy habits.

“People are going to be more likely to eat vegetables when they’re in a visible place,” Ms. Tay said.

And then there are the obvious tips, the big one being stay away from or limit the fast food meals.

“The average person only needs

around 2,000 calories per day,” Ms. Tay said. “Some fast food meals contain 1,400 calories in the meal itself.”

As for simple physical fitness tips, the HAWC hands out free pedometers for those who want to get on a daily walking regimen, also a key part of practicing good health, said Tanya Henriques, a health education program manager with the 62nd Medical Operations Squadron.

“Something as simple as walking 10,000 steps per day can do a lot of

good,” Ms. Henriques said.

The HAWC also offers an empowering program entitled “Circle of Life Group Wellness Coaching.”

The group helps people evaluate 12 aspects of their lives including diet, exercise, stress mastery, finances, health care and self esteem.

For more information on nutrition counseling, free pedometers and the Circle of Life wellness program, call the HAWC at 982-5474.



From NSI, Page 1

Airmen perform duties associated with this crucial mission while maintaining the highest possible standards of individual reliability and professional competence,” said Tom Thompson, 62nd AW nuclear surety manager. “We had to show we have every piece of the PNAF puzzle fitting perfectly into place so we can safely and skillfully execute the PNAF mission and successfully demonstrate our Nuclear Surety Program. We proved we have the pieces in place and are always ready.”

That same sentiment was echoed during the inspection out-brief by Maj. Jeffrey Meyers, 4th AS PNAF Flight commander. The 4th AS plans and executes

all PNAF missions.

“It’s nice to be recognized for doing a good job,” said Major Meyers. “As the PNAF unit in the Air Force, it is a responsibility the wing and the nuclear surety office take very seriously. Wing leadership has made it clear: perfection is the standard.”

Major Meyers not only praised each unit involved in the inspection, but also the 4th AS team who assisted with mission planning and management.

“It feels good to show our leaders that they can rely on us to be good stewards of our number one no-fail mission,” Staff Sgt. T. Francis Johnson, 4th AS C-17 Globemaster III PNAF evaluator loadmaster. “We all take this mission to heart and we know how important it is and we will continue to maintain its high standards.”



Col. Jeffrey Stephenson, 62nd Airlift Wing commander, right, thanks Tech. Sgt. David Tackett, 62nd Maintenance Group, Wednesday for his hard work during the NSI.



Airmen receive UCMJ actions in December

By
Capt. Lauren Fisher
62nd Airlift Wing
Legal Office

The following individuals received non-judicial punishment actions under Article 15 Uniform Code of Military Justice here in December.

An individual from the 62nd Aircraft Maintenance Squadron was charged with a violation of Article 112a – Wrongful use of a controlled substance. The punishment imposed was a reduction of two stripes, and seven days extra duty.

An individual from the 62nd AMXS was charged with violations of Article 92 – Dereliction of Duty (failure to obey a lawful order) and Article 107 – False Official Statement. The punishment imposed was a reduction of one

stripe.

An individual from the 62nd Communications Squadron was charged with a violation of Article 92 – Dereliction of Duty (willful). The punishment imposed was a suspended reduction of one stripe, 30 days of extra duty, and a reprimand.

An individual from the 62nd Civil Engineer Squadron was charged with violations of Article 86 – Absent without Leave (failure to go), Article 111 – Drunken or reckless operation of a vehicle, Article 128 – Assault consummated by a battery, and Article 134 – Communicating a Threat. The punishment imposed was a reduction of two stripes, 15 days of extra duty, forfeiture of \$500 per month for two months, one month of which was suspended, and a reprimand.

An individual from the 62nd Force Support Squadron was

charged with one violation of Article 135 – Adultery. The punishment imposed was a reduction of one stripe and 30 days of extra duty.

An individual from the 62nd Maintenance Squadron was charged with a violation of Article 92 – Dereliction of Duty (willful). The punishment imposed was a suspended reduction of one stripe, 14 days of extra duty, and a reprimand.

An individual from the 62nd Operations Support Squadron was charged with one violation of Article 86 – Absent without Leave (going from place of duty). The punishment imposed was a reduction of one stripe and a reprimand.

An individual from the 62nd OSS was charged with a violation of Article 120 – Wrongful Sexual Contact. The punishment imposed was a reduction of one

stripe.

The following is the result of a court-martial here in December.

An individual from the 62nd AMXS was court-martialed for the following charges with the following result:

- One charge and one specification of Article 85 – desertion

Finding: not guilty, but guilty of the lesser included offense of Article 86 – absent without leave

- One charge and two specifications of Article 86 – absent without leave

Finding: not guilty as to the first specification, and guilty as to the second specification

Sentence: A reduction of one stripe, forfeiture of \$200 pay per month for six months, hard labor without confinement for three months, restriction to the limits of McChord Air Force Base for two months, and confinement for three months.



AF major general speaks at MLK event in Tacoma

Maj. Gen. Mitch Mitchell, United States Transportation Command, is the keynote speaker for a luncheon to celebrate Dr. Martin Luther King Jr.'s dream Monday at the Tacoma Dome Exhibition Hall from 10:30 a.m. and 1 p.m. For more information about the event, call 591-5151 or visit www.cityoftacoma.org/hrhs.

Online GTC registration

Online registration for the new CITI Bank government travel card is at available at: <https://home.cards.citidirect.com/CommercialCard/Cards.html>

Online statements for cardholders will not be available before the client receives their first paper statement. The cardholder must enter their card number, account name and address information in the exact format as it appears on the paper statement.

For example, words like court, street, or road must be input exactly as they appear on the paper statement, either abbreviated or spelled out. Cardholders will also need their complete zip code, as displayed on the paper statement.

Flu shots now available

Flu vaccine is now available for active-duty family members and retirees at the Immunizations Clinic here. For more information, call 982-5189.

Thrift Shop fashion show

The McChord Thrift Shop hosts a fashion show at the Enlisted Heritage room in the McChord Clubs and Community Center from 11 a.m.

to 1 p.m. Tuesday. For more information or to RSVP, call 301-2056 by close of business today.

Club Card features new design

New McChord Club and Community Center cardholders will be issued a club membership card during the last week of January with a new design featuring the Hap Arnold wings. The new card will also be issued throughout the year to members with expiring cards or those reported lost or stolen. All other members will be issued the new cards in 2010. For more information, call 982-5581.

Annual Awards Banquet

The 62nd Airlift Wing annual awards banquet is 6 p.m. Jan. 29 at the McChord Clubs and Community Center. For more information, contact Master Sgt. Timothy Wood at 982-5823 or Master Sgt. Gary Willis at 982-6996.

Weather advisories

Call 982-TALK for winter weather advisories and delayed reporting information.

McChord Clinic policy during inclement weather conditions

The McChord Clinic staff follows base guidance during inclement weather conditions. During delayed reporting, clinic doors open as soon as there is enough staff in the building to safely operate the clinic. Appointments will be rescheduled as necessary.

2009 women's conference

Registration begins Jan. 24 and remains open until Feb. 14 for the 2009 women's conference March 13 at the Stone Education Center at Fort Lewis. The childcare registration period is Jan. 26 to March 6. The event is open to all Department of Defense ID card holders. For more information, e-mail Ft.LewisWomens.Conference@yahoo.com or call 407-4071.

FTAC in-processing now online

All first-term Airmen arriving from technical training must register via the Team McChord Professional Development Community of Practice at <https://afkm.wpafb.af.mil/ASPs/CoP/OpenCoP.asp?Filter=AM-DP-00-16>. For more information, call 982-6682.

New housing gate hours

The Woodbrook housing gate is open 6 a.m. to 6 p.m. weekdays. For more information, call the 62nd

Security Forces Squadron at 982-5100.


Madigan Annex TBI Program classes

Traumatic Brain Injuries Program Education Series classes for educators and healthcare providers are offered Thursdays at the Madigan annex. For more information, call the call the TBI Nurse Educator, Lindy Peterson, RN, MN at 968-3161.

Law enforcement desk relocating

The 62nd Security Forces Squadron relocated the Law Enforcement desk to Bldg. 1305 during renovation of Bldg. 7. Phone numbers remain the same. For assistance call 982-5625 or 982-5624. For emergencies call 911 or the crime stop line at 982-5777.

— Briefs continued on next page



McChord Chaplain Corps Faith & Worship Programs

For more information on Chapel services and programs, please call 982-5556.
To contact Duty Chaplain after duty hours, contact the Command Post at 982-2635

CATHOLIC SERVICES and RELIGIOUS EDUCATION: All Catholic services are in chapel two. Saturday: 4 p.m. Confession: Chapel 2, Bldg. 181 5 p.m. Mass: Chapel 2, Bldg. 181 Sunday: 9:30 a.m. Mass: Chapel 2, Bldg. 181 11 a.m. Mass: Chapel 2, Bldg. 181 12:30 p.m. Why Catholic? Small Group Study: Chapel Support Center, Bldg. 746 Monday: 12:00 p.m. Why Catholic? Small Group Study: Chapel Support Center, Bldg. 746	Wednesday: 6:30 p.m. Faith Formation: 1st,2nd & 3rd Wednesday of the month: Chapel Support Center, Bldg. 746 6:30 p.m. Why Catholic? Small Group Study: Chapel Support Center, Bldg. 746 PROTESTANT SERVICES and RELIGIOUS EDUCATION: Sunday: 8:30 a.m. Liturgical Worship: Chapel 1, Bldg. 180 9:45 a.m. Sunday School: Chapel Support Center, Bldg. 746 11 a.m. Traditional Worship: Chapel 1, Bldg. 180 11 a.m. Contemporary Worship: Chapel Support Center, Bldg. 746	JEWISH SERVICES: Friday: 6 p.m. Every 1st, 3rd & 5th Friday of the month: Ft Lewis, Chapel 5, Bldg. T-2270 OTHER PROGRAMS: The following Chapel programs take place at the Chapel Support Center, Bldg. 746. Tuesday: 9:30 a.m. Mothers of Preschoolers (MOPS); 2nd & 4th Tuesday of the month 6 p.m. Mothers of Preschoolers (MOPS) Bible Study; 1st, 3rd & 5th Tuesday of the month Wednesday: 11 a.m. Adult Bible Study
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New hours at McChord Clinic

The McChord Clinic doors open at 7:20 a.m. instead of 7 a.m. Pharmacy windows open at 7:30 a.m. and close at 5 p.m.

Customer service new hours

Customer service hours for passports and in-processing have changed. Passports are from 9 a.m. to 3:30 p.m. for walk-ins and 3:30 to 4 p.m. for appointments and emergencies only. In-processing is now 9 a.m. to noon for walk-ins and 7:30 to 9 a.m. and 1 to 4 p.m. for appointments

and emergencies only. Hours for all other services remain the same.

MPF customer service hours

Customer service hours for all military personnel flight services are 9 a.m. to 4:30 p.m. weekdays. Services are available 7:30 to 9 a.m. for appointments and emergencies only.

Virtual out-processing applications

The virtual out-processing application available online through the virtual military personnel flight is mandatory for active-duty members.

Appointments for final out-processing, retirements and separations are available.

Community response

Have a concern, question or complaint? E-mail the action line <http://public.mcchord.amc.af.mil/main/contactus.asp>. The inbox is monitored daily and inquiries are sent to the appropriate base agency for response. Team McChord is encouraged to use this system to resolve issues, after first using the chain of command.

ADC appointments

Area Defense Counsel customers must now call and schedule appointments instead of entering on a walk-in basis. For an appointment, call 982-2240.

CAC security concerns

Airmen are reminded not to allow any person in an unofficial government capacity (i.e. commercial businesses, hotel or motel, bank, etc.) to take control of, scan, swipe or photocopy common access cards.

Do you have a story idea? Spread the news in *The NW Airlifter*! Call Public Affairs at 982-5637 or e-mail us at northwestairlifter@mcchord.af.mil

